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UNIVERSITY OF  
**MONTANA**  
PUBLIC HEALTH TRAINING CENTER  
SCHOOL OF PUBLIC AND  
COMMUNITY HEALTH SCIENCES

# Reconnecting, Reflecting, and Reimagining Wellness Together

Join us for a refreshed, relaxed, and reimagined Pathways experience! This session kicks off our new “conversational” format — a dynamic dialogue between Lydia and Desiree that models the supportive, peer-based workplace wellness culture we’re all building. You’ll get a chance to reflect on summer wellness, reconnect with fellow Champions, and help shape the next chapter of this evolving program.

Our objectives include:

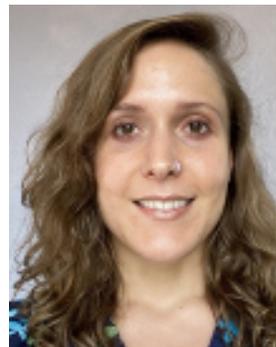
- Reflecting on personal and team well-being over the summer.
- Discovering what is changing with the Pathways series and how it supports your role.
- Sharing ideas and experiences to help shape future workplace wellness offerings.



## **Desiree Restad, Wellness Strategist**

Desiree Restad is the Wellness Strategist for the Montana Public Health Training Center’s Wellness Program.

She holds a Bachelor’s Degree in Health Promotion from Montana State University – Billings and a Master of Public Health from the University of Montana. A passionate advocate for whole-person well-being, Desiree is also a Certified Wellness Practitioner through the National Wellness Institute, bringing both expertise and heart to her work in public health.



## **Lydia Czech, Wellness Director**

Lydia Czech is the Director of the Montana Public Health Training Center’s Worksite Wellness Program. She holds a bachelor's in Health and Human Performance from the

University of Montana, with a focus in Community Health, along with certifications in Health Behavior Coaching, Worksite Wellness (National Wellness Institute), and Sound Therapy (Level 3, Himalayan Singing Bowls). As an Accredited Meditation Practitioner, Lydia brings a passion for guiding health professionals in mindful wellness practices that support long-term health and resilience.

- **Date/Time:**  
**8/13/25 - 10:00 am**
- **Location: Zoom**

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by  
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